

## **North Dakota Real Choice Systems Change Grant-Rebalancing Initiative Final Report - Executive Summary**

The final report is an overview of the *North Dakota Real Choice Systems Change Grant-Rebalancing Initiative*, also called the *Real Choice Rebalancing Grant (RCR Grant)*. This three year, [\$315,000, including \$300,000 (federal) + \$15,000 (in-kind match)] project funded by the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services (HHS-CMS) was awarded to the North Dakota Department of Human Services (ND DHS) Aging Services Division in September 2004. The ND DHS Aging Services Division contracted with the North Dakota Center for Persons with Disabilities (NDCPD) at Minot State University, to carry out substantial portions of the grant's work scope.

The RCR Grant has worked to examine ways to make it easier for seniors and adults with disabilities in ND to maintain their independence for as long as possible. This project has been an important piece in North Dakota's efforts to enhance its current continuum of long-term care service system. The RCR Grant has gathered consumer, family, and provider input regarding these services. This consumer and stakeholder-dominated process has worked to gather ideas about ways to improve consumer choice and access to continuum of care services and to promote a system that supports consumer self-direction and independence.

The overall purpose of the ND RCR Grant has been to consider how ND can achieve systemic changes that support consumer choice and services in less restrictive settings. Specifically the RCR Grant goals are:

1. To increase access to, and utilization of, home and community-based services (HCBS) for the elderly and people with disabilities;
2. To provide a finance mechanism for home and community-based programs and services;
3. To increase choice and self-direction for the elderly and people with disabilities;
4. To decrease reliance on institutional forms of care; and
5. To develop a quality management mechanism for service delivery

This project's efforts to build consensus on these issues through the convening of various stakeholders has helped ND to develop a plan for systems change. Specifically, these dynamic discussions developed a plan that includes goals related to the development of an Aging and Disability Resource Center for ND and to balance resources for ND's continuum of care system. In addition, the RCR Grant research, dissemination, successful legislative involvement, and public information efforts have helped to increase awareness of the need for systems change in ND.

These systems change efforts will be sustained through continued collaboration and communication with key stakeholders. The work of the RCR Grant will continue to be built upon through the efforts of collaborative partnerships, discussions, and the continued dissemination of project reports and public information.

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To access the RCR Grant Final Report please visit ND DHS website at:

<http://www.nd.gov/dhs/info/pubs/lccontinuum.html>

This document is available in alternative formats upon request by calling: 1-800-233-1737